



@PatFlynn Yeah.. looking nice. But give some incentive for Liking your page, not please click Like.. ;) 21 days ago

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gaining muscle for skinny guys? Want to change your body from skinny to buff? The this blog is for you. On it I share my experience on this topic. I've succeeded, I've failed and I have stuff to share with you. Below you will find posts that will give you knowledge you need to start your training, what to eat, how to train and you will find a few Success Stories from people who used the advice I give. But I have to warn you - these posts will not help you if you don't take action though.

Here are Must Reads for You:

**36Pounds.com 5x5 Workout for Beginners and Intermediate Lifters (Updated!!!)**

**How to Successfully Start Gaining Muscle**

**7 Things You Need to Know When Gaining muscle**

**Advice from Lyle McDonald for Skinny Guys about Training and Nutrition**

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**Success Story: How Jair Gained 15lbs in 1.5 Months!**

**Success Story: How Christian went from 97lbs to 138lbs**

**Review of No Nonsense Muscle Building by Vince Del Monte**

Cheers,  
 Adrian



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# The Phoenix Challenge: Day 33

Posted by [Adrian](#) | Posted in [The Phoenix Challenge](#) | Posted on 05-10-2010

Hmm... what did I  
eat.. gotta  
remember..

3 cups of milk (around 500 cals)  
Pistachios (around 600 cals)  
2 bananas (around 400 cals)  
2x soup (around 700 cals)  
2xYogurt snack (around 300 cals)  
Sweets

Another day of 2500 cals. Nice.

Had a great workout. Squatted 80kg for 5x5 and then went to do leg presses with 160kg for 5x5 and one last set of 200kg of 5. Legs are sore, but I feel great for having done so much work for legs! I'm sure it will pay off!

Cheers

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# The Phoenix Challenge: Day 30

Posted by [Adrian](#) | Posted in [The Phoenix Challenge](#) | Posted on 05-10-2010

It's been 30 days,  
one third, of the  
challenge and I hate it already. It's boring because of constant updating and I don't like it...  
Not much appetite doesn't hep too. But I will keep going on, trying to update every day and  
eat at least 2500 cals a day.

Day 30

Peanut butter sandwich (500 cals)  
100g pistachios (around 600 cals)  
4 cups of milk (640 cals)  
Pasta (400 cals)  
Meatballs (300-400 cals)

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# The Phoenix Challenge: Day 32

Posted by [Adrian](#) | Posted in [The Phoenix Challenge](#) | Posted on 03-10-2010

Banana (150 cals)  
2 cups of milk (340 cals)  
100g pistachios (600cals)  
Pizza (500 cals)  
Peanut butter sandwiches (600 cals)

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Sweets and crisps (700 cals+)

I ate tons of sweets and that gave most calories. Not great but helped reach 2500 cals. Will be eating better on day 33 for sure. And off to gym also.



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## The Phoenix Challenge: Day 28



Posted by [Adrian](#) | Posted in [The Phoenix Challenge](#) | Posted on 29-09-2010

I totally forgot to write results of last two days. Can't remember them now either so I will just report day 28:



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Chicken breasts (300 cals)  
Pasta and chicken (400 cals)  
Pistachios (around 600 cals)  
2 cups of milk (320 cals)  
Sweets (500 cals)  
Yogurt snack (210 cals)  
4 Cheesestings 294 cals  
Fries (500 cals)

That's more than 3000 cals I believe, which is awesome!!!

Had a nice workout leg pressing 200 kilos (440 pounds) for 6 reps on 6th set (felt good so went for one set too many). Looking forward to tomorrow!

Cheers,  
Adrian



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## The Phoenix Challenge: Days 24&25



Posted by [Adrian](#) | Posted in [The Phoenix Challenge](#) | Posted on 26-09-2010

Day 24,



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2 bananas (300 cals)  
4 cups of milk (640 cals)  
Pancakes with cottage cheese (a traditional Lithuanian dish, awesome!!) (500 cals)  
2x Pork and mashed potatoes (around 700 cals)  
Yogurt snack (210 cals)  
8 cheese strings (around 600 cals)

Almost 3000 cals, real nice! But didn't go to workout tho. Will go on Monday..

Day 25

Chicken Royal, Large Fries and Coke (1000+ cals)  
4 cups of milk (640 cals)  
Chicken and Potatoe soup (around 350-400 cals)  
3 bananas (450 cals)  
Snack 150 cals

I am also forgetting something but either way its more than 2500 cal's on day 25. Not bad.  
Sunday is day 26 and I will try to hit 3k cal's!



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